

INSIDE



Solve this puzzle

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Randolph's record breaker

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Randolph's 2007 Air Show coin now available



Coins commemorating the Air Show can be purchased for \$10 at the following locations:

12 MSG 12 OG
12 MDG 12 FTW/CCE
12 MX 12FTW/PA
Hangar 62, Air Show Office

Mission partners interested in obtaining coins to sell should contact the 12 FTW Executive Officers at 652-4227.

Flu foe



Photo by Joel Martinez

Staff Sgt. Leslie Ponce (left), 12th Medical Operations Squadron, gives a flu vaccine to Chief Master Sgt. Mark Luzader, Command Chief Master Sergeant of Air Education and Training Command, Tuesday as part of a mass vaccination of members of AETC. The 12th Medical Group Immunizations Clinic is currently only offering the flu vaccine and FluMist to active-duty members and high-risk patients. Subject to availability, vaccines will be offered to all other patients beginning in November.

Environmental Flight receives AETC award

By David DeKunder
Wingspread staff writer

Team Randolph's 12th Civil Engineer Division Environmental Flight has been recognized for its efforts in making the base more environmentally friendly.

The Air Education and Training Command recently awarded Randolph with the Gen. Thomas D. White Environmental Quality Award. In receiving the award, Team Randolph beat out 12 other AETC bases.

Robin Armhold, Environmental Flight chief, said the award is not just for what the Environmental Flight has accomplished, but for what the base community and personnel have done to make Randolph one of the best-looking and eco-friendly bases in the Air Force.

"The award is recognition for what we do every day to make the base better environmentally," she said. "There are a

lot of people who contributed. We could not have received this award without the support of active-duty and civilian personnel as well as leadership. Environmental quality is everybody's business."

Matt Kramm, Environmental Flight Natural Resources manager, said AETC based the award on what Team Randolph did in several areas of concentration.

"The award recognizes the most outstanding environmental programs in the AETC concerning restoration, recycling, water and air, natural resources and hazardous materials," Mr. Kramm said.



Mr. Kramm said Environmental Flight was also recognized for how it raised environmental awareness on base. The flight was commended for the way it handled the cleanup of a T-38 crash that occurred earlier this year on property 50 miles from Randolph.

The Environmental Quality Award cited the flight for its recycling program, which increased the amount of materials recycled on base by 10 percent in fiscal year 2006 and 15 percent in fiscal year 2007. The flight was also lauded for developing a storm

See AETC AWARD P5

Commander's Action Line

Call 652-5149 or
e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide

satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander



COMMENTARY

Create results through CFC action

By Staff Sgt. Connie Bias

92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. (AFPN) – Most people have a philanthropic soft spot or care for a particular topic, problem or group of people.

My concern is for people suffering in third-world or warring countries.

I cannot help but think of the children who are impoverished from birth with little hope of opportunity, or the single mothers in war-torn countries with no hope for change, and the refugees with no home.

Throughout my childhood, my parents sponsored two poverty-stricken girls – one my age, and one my sister's age. This allowed both my sister and me to grow up with another "sister" who could share with us a different culture, another view of life, and a better understanding of how fortunate we were.



CFC runs through Oct. 26

As the years passed, I watched my "sister" receive an education against all odds, help her family meet their basic needs, and even become the first in her family to attend technical school.

Your compassion may flow toward abandoned animals or cancer victims. Perhaps you're especially concerned for people battling alcoholism or drug dependency, for pregnant teenagers, for orphans, for homeless families, for injured veterans, or for hungry children. The list is endless, and personal reasons for gravitating toward a particular issue can be just as varied.

Feeling such benevolence is a healthy sign of moral consciousness and a positive step toward helping those in need. But the hard truth is, those who "feel bad" for a hurting population and do nothing simply waste their time feeling in the first place. In other words, without action, feelings are useless. Whether the action be volunteer time, monetary donation, or simply a kind word or prayer, it must be present to create a result.

Now is the time to take that action. If you're willing to share your wealth and help someone with your money, you can do it now through the Combined Federal Campaign. The CFC makes it easy for you to donate to the group you choose, with a guarantee that all of your donated money will go exactly where you choose.

It's the perfect time to turn thought into action.

As the saying goes ...

By Col. Michael Haefner

387th Air Expeditionary Group

SOUTHWEST ASIA (AFPN) – Have you ever noticed that laughter and light heartedness are traits of leadership that we don't really put much focus on, yet they are so important to what we do?

Let me offer a few sayings to hopefully add a smile to your day. I have to give credit to my father and to a former commander. They both had a saying to cover just about any situation. Here are a few of those gems with just a bit of thought behind each one:

"Luck is the intersection of preparation and opportunity." Did you ever know those people who just seem to be luckier than others? Some call it good living, some seemingly create their own luck. It's easy. Seek opportunities and always be ready and prepared to accept good fortune.

"If you don't like my apples, don't shake my tree." Let's apply this one to real life. Have you ever been asked for an opinion or recommendation and when you provided it, it was basically ignored? It happens all the time.

"Pigs get fat and hogs get slaughtered." This one really

talks about greed, one of the seven deadly sins. And since I grew up in Iowa, there is a bit of literal fact in this saying as well. But the essence is that if you are a "pig," you want everything for yourself. As you grow, you then become a "hog" ready for slaughter where you will be diced up into smaller bites to feed others. Look at the Enron scandal. There are thousands of these stories in business and even our military leaders fail from time to time because they become too powerful.

"Wait until you get your feet under your own table." Yes, one for those who have children, especially teenagers back home. In most cases, people are always ready to make decisions, yet they don't have true decision authority. Commanders in the military definitely have "their own table" to sit at and make decisions.

"You don't have to run faster than the bear." We've all had those moments when the boss' hair is on fire and he is out for blood. You and your co-workers know that you'll be next, but you only have to outfox your co-worker in the hopes that the boss will see his or her errors first and not have enough time or energy to tackle your issues.

Well that's all I can share as duty calls and there are appointments to make. Keep smiling and remember, "Time flies when you're having fun." Or as the frog says, "Time's fun when you're having flies."

WINGSPREAD

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in Hangar 6.

Articles may also be sent by e-mail to randolph.wingspread@randolph.af.mil or by fax at 652-3142. For more information about submissions, call 652-5760.

NEWS

USO looking for veterans, volunteers to preserve wartime stories

By David DeKunder
Wingspread staff writer

When a veteran passes away, the stories and memories about the wars they fought in will go with them if not recorded and preserved.

The San Antonio USO, along with the Library of Congress, is encouraging the Team Randolph community to come forward with their wartime experiences through the Veterans History Project.

The Veterans History Project, which was created by Congress in 2000, is part of the American Folklife Center at the Library of Congress. The project's purpose is to collect and record the personal stories of veterans and home-front civilians who worked in support of the military in past conflicts so that they can be shared with current and future generations.

With the help of volunteers and local college students, the USO has started interviewing local veterans and civilians who want to share their

wartime stories.

Luis Sandoval, San Antonio USO volunteer coordinator, said the local USO chapter decided to take part in the Veterans History Project to give veterans and civilians, who might not otherwise have the opportunity, a chance to tell their wartime stories.

"We are losing our veterans day by day," Mr. Sandoval said. "Just like our World War II veterans, we will start to lose our Korean and Vietnam veterans. We want to make sure their stories are told before they are gone."

Mr. Sandoval said he has been spreading the word about the project to USO volunteers, area VFW posts and to guests who come into the USO office in downtown San Antonio.

Many people have expressed an interest in helping out and more volunteers are needed to conduct the interviews, Mr. Sandoval said.

"The response has been pretty positive," he said. "We already have dozens of interviews set up with veterans from World War II to

"We are losing our veterans day by day. Just like our World War II veterans, we will start to lose our Korean and Vietnam veterans. We want to make sure their stories are told before they are gone."

Luis Sandoval

San Antonio USO volunteer coordinator

Desert Storm."

Tech Sgt. Tracy English, 37th Flying Training Wing Historian at Lackland Air Force Base, said he has been working on the Veterans History Project with University of Texas at San Antonio students for the last four years.

"I am really glad the ball is rolling in San Antonio on the Veterans History Project," the sergeant said. "Because this is 'Military City USA,' we have veterans all over the place who want to tell their stories. It takes a lot of time and people to interview, record and capture these stories."

Sergeant English said he has gone

to UTSA and San Antonio College to teach the students about the interview process from using the audio and video equipment to transcribing the veterans' answers.

When the veterans are interviewed, an audio or videotape tape is used. Once the interview, which is 30 to 45 minutes long, is completed the students write out a transcript of it and have the veteran who was interviewed look it over. If no changes need to be made and the veteran signs off on the transcript, it is sent to Sergeant English.

See USO P5

MAJCOM challenge tests flight's response to potential CBRN events

By Robert Goetz
Wingspread staff writer

Members of Randolph's Bioenvironmental Engineering Flight will soon learn if they will represent the Air Education and Training Command in the second annual Chemical, Biological, Radiological, Nuclear Challenge at Brooks City-Base in December.

The challenge tests BE teams' responses to potential CBRN events through realistic scenarios. A medical homeland defense and expeditionary initiative, the challenge was first developed and implemented in U.S. Air Force-Europe two years ago.

Two contractors from Alliance Solutions Group graded the Randolph team last month, presenting four scenarios over a two-day period in a MAJCOM-level challenge. Scenarios include events such as the release of a biological or chemical warfare agent or a toxic chemical.

"They grade us on our use of

equipment and our ability to give health risk assessments," said 1st Lt. Erin Jackson, Occupational Health Element chief. "We identify and quantify hazards and give a recommendation to the commander on how to protect individuals, the base and responders to the hazard."

The challenge also gives participants an opportunity to provide options for Operational Risk Management decisions to support and continue the mission in times of war, terrorist incidents or natural disasters.

Lieutenant Jackson said the challenges test flight members on their everyday mission.

"That's what we're doing all the time – preparing for every contingency," she said.

Still, the competitive nature of the challenge enhances their everyday performance.

"It's not just a challenge," she said. "It's great training, too. You don't know what the scenario will be, so you have to be ready at all

times. We update our checklists and make sure our equipment is ready."

Lieutenant Jackson said BE units at other AETC bases are also being evaluated to see which will be selected for the Air Force-wide challenge.

"Every base has the same things to respond to," she said. "But every base also has its own approach."

Lieutenant Jackson said the challenges give bioenvironmental personnel an opportunity to see how their peers from other bases respond to different scenarios.

"Bases can learn from each other," she said.

The Randolph flight earned a favorable evaluation during last month's challenge. Tech. Sgt. Susana Klein was named the team's outstanding performer.

"I thought we did well," she said. "But it was a long two days. It's harder when you're a smaller base because you have fewer bodies, but we did well with what we had."



Photo by Joel Martinez

Senior Airman Lucia Bloom (left) and Staff Sgt. Allen Mendiola, from the Bioenvironmental Engineering Flight, conduct a radiation survey and check atmospheric conditions during a Chemical, Biological, Radiological, Nuclear Challenge last month.

Members of the 52nd Flying Training Squadron stand in formation as the first students arrive Oct. 1 to the Iraqi air force flying training school at Kirkuk Air Base, Iraq. The flight was officially the first sortie flown by the school as the four Iraqi air force students took control of the aircraft for a few minutes in transit to see what it is they are working toward.



Iraqi air force flying training school opens

By Staff Sgt. Jared Marquis
506th Air Expeditionary Group Public Affairs

KIRKUK AIR BASE, Iraq – The Iraqi air force flying training school opened its doors Oct. 1 and began to train Iraqi aviators with the assistance of American Airmen.

The planning for the school has been in the works for approximately two years and is all part of the plan to return Kirkuk Air Base back to the Iraqi air force, said Lt. Col. Mark Bennett, the 52nd Expeditionary Flying Training Squadron commander.

“Kirkuk may be the first air base returned to Iraqi control,” he said.

The colonel said that is one of the reasons for standing up the 52nd EFTS and the training school. The 52nd EFTS mission is vital to the future of the Iraqi air force.

“What we are doing here is going to allow Iraqis to provide security for their country,” he said.

The initial class will have 10 students and two Cessna-172 aircraft, but that is just the start, Colonel Bennett said.

“As time goes on, we are going to grow. Our goal is to graduate 160 pilots a year – 80 fixed wing pilots and 80 rotary wing pilots. By the end of next year, the Iraqi air force expects to have 12 Cessna-172s, five Cessna-208s, 12 Bell Jet Rangers, 10 Huey HIs and nine Mi-17 aircraft,” Colonel Bennett said.

But the U.S. Air Force and Army members currently training the students can’t handle that load by themselves.

“We are not only training new pilots here, we are training former Iraqi air force pilots to be instructor pilots as well,” Colonel Bennett said. “In addition, we are training the Iraqis to perform all the functions of a flying operation to include aircraft maintenance, intelligence, logistics, etc. As time goes on, the Iraqi instructors will take over the classes and we will move from an instructor role to an advisory role.”

In preparation for the first class of pilots, the instructors are working on putting together more than 130 hours of intense classroom instruction.

“With the help of Air Education and

Training Command and the Iraqi air force, we are building the syllabus and lesson plans from the ground up, and we are doing most of it here,” the colonel said. “It is not like at home base, where we have access to multiple resources. All the members of the 52nd EFTS and Iraqi air force are doing a great job with what they have to work with.”

The training the Iraqi air force has received so far has been well received, Colonel Bennett said.

“Since I have been here, I have seen a significant amount of progress from the Iraqi air force,” he said. “It’s amazing to see them so willing to learn and take what we teach them and pass it along to others. It’s definitely a historic endeavor and I’m very fortunate to be part it.”

The Iraqi air force gets closer to its ultimate goal every day, Colonel Bennett said.

“Together with the Iraqis and our sister services, the 52nd will help ensure Iraq has the ability to project military power quickly throughout its territory in order to protect the Iraqi sky, citizens and its borders,” he said.

Career Job Reservations available for reenlisting Airmen

Air Force officials announced fiscal 2008 will start without any restrictions on first-term Career Job Reservations for enlisted specialties.

Most years Airmen compete for a limited number of jobs within their Air Force Specialty Codes, but this year, the Air Force expects to meet its enlisted authorized end strength through normal attrition.

“For the first time in four years, Airmen will not have to compete for the privilege of reenlisting in their specialty code,” said Chief Master Sgt. Christine Williams, chief of the Air Force Personnel Center enlisted skills management branch here. “However, commanders will still enforce quality standards before making Airmen eligible to reenlist.”

Effective Oct. 1, all first-term Airmen selected by their commanders as eligible to re-enlist under the Selective

Reenlistment Program will receive a CJR once they enter the first month of their re-enlistment eligibility window. Aside from the fact there will be no waiting lists, Airmen will not notice any difference from previous years. The automated processing will continue to notify Airmen of their career job reservations anytime they become eligible during their re-enlistment window, even though there are no restrictions.

Enlistment extensions will have no impact on an Airman’s CJR eligibility window. Eligibility windows are 35-38 months for National Call to Service enlistees, 35-43 months for four-year enlistees and 59-67 months for six-year enlistees.

The CJR program will run unrestricted unless the Air Force needs to make enlisted force adjustments to meet authorized strength levels. (AFPCNS)

News BRIEFS

Retirees

Congratulations to Col. Timothy Fletcher, Air Education and Training Command; Col. Brian Madtes, Air Force Recruiting Service; and Lt. Col. John Biegger, 19th Air Force, on their retirements.

ROWC Annual Holiday Bazaar

The Randolph Officers’ Wives Club hosts its annual “Deep in the Arts of Texas” Holiday Craft Bazaar Saturday from 9 a.m. to 5 p.m. at the Live Oak Civic Center. There will be more than 130 booths set up by vendors. Admission is \$2 and profits from the event will provide funding for the ROWC scholarship program and base and local charities in need of additional funding.

For more information, call 659-8693.

Airmen’s Social

The Airmen’s Council hosts its first Airman’s Social and Ice Breaker today at 3 p.m. at the Randolph Enlisted Club.

For more information, call 487-2553.

Luncheon

The Military Officer Association of America Alamo Chapter hosts a luncheon Thursday at noon at the Sam Houston Club on Fort Sam Houston. The cost is \$16. For details, call 228-9955.

Technology show

The 12th Communications Squadron hosts a free Information Technology/Trade Show Wednesday from 9:30 a.m. to 1:30 p.m. at the Randolph Enlisted Club to highlight major technology companies and demonstrate new hardware and accessories.

Board of Trustees meeting

The Randolph Field Independent School District’s Board of Trustees meeting takes place Oct. 25 at 4:15 p.m. in Room 21 at Randolph High School. The event is open to the public.

An agenda of the meeting can be found at www.randolph-field.k12.tx.us.

African-American History Month

The 12th Flying Training Wing seeks volunteers to help organize, set up and support the 2008 African American/Black History Month observance committee.

For more information, call 652-4075.

Looking for stories

TORCH magazine seeks success or failure “winter survival stories” from either students or instructors of any Survival Evasion Resistance Escape class for their Nov./Dec. issue.

To submit a story, call 652-9284.

AETC AWARD from P1

water pollution prevention plan that saved the Air Force over \$80,000 and the reuse, recycling and reclaiming of 8,000 tons of base equipment, including computers and furniture.

"Our biggest goal is to encourage recycling and the reduction of hazardous materials on base," Mr. Kramm said. "We do that by hosting environmental training and fostering awareness within the people on base."

Mr. Kramm said it is the first time in five or six years that Team Randolph has been recognized by the AETC for its environmental efforts.

By winning the AETC award, Team Randolph's Environmental Flight has a chance to be honored as the best in the Air Force.

"We will be entered in an Air Force-wide competition," Ms. Armhold said. "If we win the Air Force award we will go to the Department of Defense competition and be recognized at a ceremony at the Pentagon. To be recognized at that level is quite prestigious."

When it comes to caring for its base and its people, Team Randolph's Environmental Flight has proven that being green can be very rewarding.



Courtesy photo

Apply now to be a 2008 Randolph Ambassador

Applications are available at the 12th Flying Training Wing Public Affairs office in the west basement of the Taj Mahal. Call 652-4410 for more information.

Randolph Ambassadors, Master Sgt. Jeff Womack (right) and 1st Lt. Jennifer Ferrer (second from right) participated in the 2007 Fiesta River Parade in April.

Some NCOs may apply to re-enter old career fields

The Air Force is offering some active-duty staff, technical and master sergeants the opportunity to re-enter previously held career fields now in demand, provided they apply by Oct. 31.

The Air Force initiated the fiscal 2008 NCO Limited Reclassification Program due to unexpected retention issues and Air Force Specialty Code mergers.

Eligible Airmen must have held a valid skill level in a secondary AFSC within the last four years to reclass-

sify into one of more than 70 AFSCs. Additional eligibility requirements are available by contacting unit commander support staff personnel.

"The intent of this program is to administratively move Airmen into career fields where the Air Force needs additional manning and to do so without formal training attendance," said Master Sgt. Catina Johnson-Roscoe, superintendent of Air Force enlisted retraining and reenlistments at the Air

Force Personnel Center here. "Those Airmen who apply must realize approval or disapproval is based on Air Force needs at the time their request is processed."

To apply for the program Airmen must:

- verify their eligibility and contact their commander's support staff personnel for assistance in completing an application;
- contact the base functional manager for the old AFSC and obtain a letter of recommendation that certifies

the member meets all eligibility criteria and is qualified for reclassification; and

- e-mail a scanned copy of the application and recommendation letter to ncorp.suspense@randolph.af.mil.

Processing should take about four to six weeks.

Approved applicants will not incur additional active duty service commitments for reclassification, and most will stay in the local area of their current duty location. (AFPCNS)

USO from P3

Once Sergeant English gets the interview audio or video and the transcript, he will make a copy of both for the Lackland archives and the USO, which is planning to set up their own collection of interviews at their local office. The originals will be sent to the Library of Congress in Washington, D.C.

The sergeant said the students who have participated in the project have taken it to heart.

"The students who have been doing this know what they are doing," he said. "They are learning the other side of the story not given in a movie, class or history book."

Dr. Irma Ned Bailey, professor of English at San Antonio College, said by being a part of the Veterans History Project her 20 freshman students will get to do two things – learn something about their country's history while becoming better writers in

their composition course.

"The students are really getting interested in this project," she said. "They are enjoying it and working hard. The students are learning how to do interviews and transcribing the information from those interviews. The information they get from the interviews will help them with their research and writing skills. What the veterans tell them will give them topics and ideas for their term papers."

Mr. Sandoval said other college instructors have expressed an interest in having their classes participate in the project next spring.

People who want to volunteer to conduct interviews can contact Sandoval at 227-9373, ext. 11, or at lsandoval@alamouso.org. Any veteran or civilian who wants to be interviewed should also contact Sandoval.

Anyone who is interested in researching the veterans' interviews at Lackland can contact Sergeant English at 671-2211 or 37TRW.HO@lackland.af.mil.

COMMUNITY

FIRE SAFETY

Don't get your wires crossed: check appliance cords regularly

By Airman 1st Class Katie Hickerson
Wingspread staff writer

Each year, hundreds of people die and thousands are injured in accidents involving electrical fires, according to statistics.

Through education and outreach, the Randolph Fire Emergency Services Fire Prevention office hopes to keep the statistics of electrical fire deaths and injuries from including Randolph personnel.

"Most incidents can be prevented by following simple electrical fire safety rules," said James Smith, Fire Emergency Services fire chief. "People tend to take electricity for granted and are unaware of the ramifications it can cause when not used correctly."

With awareness will come safer practices, said Mr. Smith.

Misuse and poor maintenance of electrical appliances, incorrectly installed wiring and overloaded circuits and extension cords are the most common leads to electrical system failures.

"The biggest problem is typically not the wiring in homes, but the electrical equipment, appliances and extension cords," Mr. Smith said.

Randolph residents are encouraged to

replace loose or frayed cords on all electrical devices and avoid running extension cords across doorways or under carpets. All unused electrical sockets should be covered and residents should avoid overloading outlets. The most important rule when it comes to safety, is to follow all manufacturers instructions when dealing with electrical appliances.

If an electrical fire does occur, water should never be used to extinguish it. Doing so could lead to electrical shock, or make the fire worse. If the fire is small, turn the power off and use a multi-purpose dry-chemical extinguisher to put out the fire. If unable to turn the power off, or if the fire is large, it is best to evacuate the home and call the fire department.

"We want to stress that every home should have a fire extinguisher," Mr. Smith said. "A typical 'ABC' type dry-chemical extinguisher is capable of extinguishing most common house fires."

But just having an extinguisher isn't enough, Mr. Smith explained.

"Everyone in your home should know how to use the extinguisher," he said. "The time to learn is not during a fire."

For more information on fire safety, call the Randolph Fire Emergency Services fire prevention office at 652-6915.



Electrical Cord Safety

It's important to use cords properly and keep them well maintained. Electrical cords are insulated to protect you from the electricity running through the wires inside. When an appliance or tool is on, these wires are "live" and could cause shock upon contact.










- Never use a tool or appliance with a frayed cord or where the insulation is nicked and wires are exposed
- Keep cords clean to prevent insulation from deteriorating
- Don't wind cords tightly around an object; the stress could cause the small wires inside to snap or break
- Never run cords under rugs. It conceals damage and can cause the cord to over-heat and become a fire hazard
- Never break off the third prong of a plug. The third prong (the round one) is a grounding wire put there for your protection; it provides a ground path that helps prevent or minimize shocks. Rather than breaking it off to fit an older outlet, replace a two-prong outlet with a three-prong one
- Never nail cords to walls or floors. It punctures the insulation and can short out the wires
- Don't run cords behind radiators. Heat damage to the insulation can increase the risk of shock
- Avoid "octopus outlets"! Clusters of wires and plugs may mean your electrical system can't cope with your energy needs. It may be time to rewire and add circuits

(From www.hydroonetworks.com)

AFDOKU
PUZZLE
INSTRUCTIONS

To solve the puzzle, place an Air Force Major Command (MAJCOM) into each box so that each row across, each column down, and each small 9-box square within the larger diagram will contain every MAJCOM. In other words, no MAJCOM may appear more than once in any row, column, or smaller 9-box square. Working with the MAJCOMs already given as a guide, complete each diagram with the missing MAJCOMs that lead to the correct solution.

For puzzle solution, see page 14

				AFRC			AFSOC	
		ACC			AETC		USAFE	
		AFMC						
		AFSPC	AETC				AMC	
								AETC
AETC					AFRC			
		AETC				USAFE		PACAF
					ACC			
	ACC			USAFE				

LeAnn Rimes headlines Air Force holiday radio special

By Daniel Elkins
Air Force Recruiting Service Public Affairs

Multiple Grammy award winner LeAnn Rimes recalls her fondest holiday memories as the featured artist in the “Red, White and Air Force Blue Christmas” radio special to be released in November.

Produced and marketed by the Air Force Recruiting Service’s strategic communications division, the one-hour show features an in-depth interview with Ms. Rimes along with songs from her holiday album and new release, “Family.”

In its 13th year, the program is sent to more than 3,300 country radio stations throughout the nation in late November and broadcast worldwide over American Forces Radio and Television affiliates on Christmas day, said Jimmy Spacek, AFRS broadcasting manager. He said the public service program aims to raise awareness of the Air Force and military service through messages of support and encouragement from various country music stars.

“The show gives stations the opportunity to weave our program into their holiday programming,” Mr.

Spacek said. “The one-hour special includes several spot breaks with built-in local availabilities the station can use along with public service announcements from some of the stars who have contributed to the show in the past.”

Tech. Sgt. John Somheil, a broadcast producer at Air Force Recruiting Service headquarters here, co-produced the show with Spotland Productions, of Nashville, Tenn. Sergeant Somheil said that in addition to some seasonal classics and tracks from her newest release, the show includes a candid conversation about Ms. Rimes’ efforts to champion support for servicemembers serving away from home.

“Christmas is my favorite holiday, so I jumped at the chance to hopefully bring a familiar voice from home to so many people overseas,” said Ms. Rimes. “I do appreciate what they do so much. I have a great respect for not only the men and women fighting but the families ... away from their loved ones.”

Ms. Rimes’ longstanding support has extended to performances as part of a USO tour as well as visits with wounded soldiers who have come



Courtesy photo

Multi-Grammy-winning artist LeAnn Rimes signs the back window of a Chevrolet Uplander in Nashville, Tenn. recently. She presented the keys to the vehicle to Navy Petty Officer 1st Class Peter Reid and his wife, Michele. Petty Officer Reid was severely injured while serving in Operation Iraqi Freedom.

home. She has become deeply involved with the Coalition to Support America’s Heroes, an organization dedicated to helping wounded Soldiers reintegrate into society when they return from the war.

“No matter where you stand politically, I think everyone should support the men and women over there fighting,” she said.

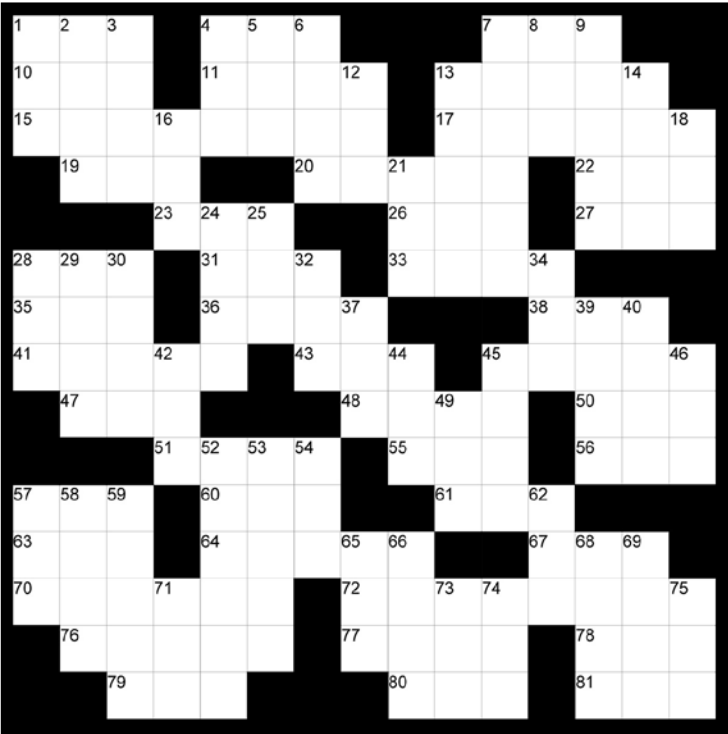
CROSSWORD PUZZLE - Happy Birthday U.S. Navy

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

- ACROSS**
- 1. USAF deployment set
 - 4. Deco or op
 - 7. Bachelor's place
 - 10. Genetic code carrier
 - 11. Jump
 - 13. P-3
 - 15. Year on Navy seal
 - 17. Current Secretary of the Navy
 - 19. Rep.'s congressional partner
 - 20. Images
 - 22. Pitcher's stat
 - 23. ____ Town
 - 26. Zodiac sign
 - 27. Drench
 - 28. Burn residue
 - 31. USAF PME course
 - 33. Sea eagle
 - 35. USN E-7
 - 36. Require
 - 38. USN O-1
 - 41. Current MCPON
 - 43. Cause pain, uneasiness, or trouble
 - 45. USN force structure
 - 47. Golf prop
 - 48. Mature female horse

- 50. A sailor
 - 51. Indian prince
 - 55. Top ____; USN fighter weapons school
 - 56. Cunning
 - 57. Took cover
 - 60. Wild and domestic cattle type
 - 61. Tokyo formerly
 - 63. Southwest Indian
 - 64. Beginning or start
 - 67. Put forward in competition or rivalry
 - 70. Watch out
 - 72. First USN rear admiral, vice admiral, and full admiral
 - 76. Thaws
 - 77. Company of three singers
 - 78. Metal-bearing mineral or rock
 - 79. Affirmative
 - 80. Small child
 - 81. Director Howard
- DOWN**
- 1. USN 4-star
 - 2. Terminates
 - 3. Visage
 - 4. Everything
 - 5. Chicago quarterback Grossman
 - 6. Cab
 - 7. Jail
 - 8. French river
 - 9. Adores

- 12. Plumbing pipe type
- 13. Proprietor
- 14. Crazy Roman emperor
- 16. Top USN military person, in brief
- 18. Music genre
- 21. Bullring cheer
- 24. Midshipman's school, in brief
- 25. Caviar
- 28. USAF MAJCOM
- 29. Quarrel
- 30. Place of dwelling
- 32. CH-53 ____ Stallion
- 34. Snake-like fish
- 37. Faint
- 39. N.J. team
- 40. USN special operations sailor
- 42. Each
- 44. Fall behind
- 45. ____ off; drive back
- 46. Attempt
- 49. Lament
- 52. Fails to accomplish a purpose or mission
- 53. John Paul ____; one of the founding fathers of the USN
- 54. Donkey
- 57. Center
- 58. Entity
- 59. Admiral of the Navy George ____
- 62. Female gametes



- For puzzle solution, see page 14
- 65. Immature newt
 - 66. Sharp to the taste; sour or acid
 - 68. Helicopter maker Sikorsky
 - 69. Official currency of 12 European Union nations
 - 71. Pub order
 - 73. ____ de Janeiro
 - 74. Nonsense
 - 75. Roman numeral X

Community BRIEFS

RANDOLPH CHAPEL – 652-6121

• Chapel schedule

For a complete chapel schedule; including Protestant, Catholic and other religious services, visit www.randolph.af.mil and click the “chapel” link on the right side.

AIRMAN AND FAMILY READINESS CENTER 652-5321

• Driving safety course

The South Texas Safety Council presents a driving safety course Saturday from 8:30 a.m. to 3:30 p.m. at the Airman and Family Readiness Center. Participants who successfully complete the course are eligible for a discount on auto insurance and may have a ticket dismissed.

Call 824-8180 Monday-Friday from 9 a.m. to 6 p.m. to sign up.

• Financial planning for deployment

A financial planning class for servicemembers selected for deployment takes place Oct. 19 from 11:30 a.m. to 12:30 p.m. at the Airman and Family Readiness Center. Spouses are welcome.

Call 652-5321 for more information.

• Mandatory financial briefing

A financial briefing for first-duty-station officers takes place Wednesday from 8-10 a.m. at the Airman and Family Readiness Center. Topics are the Air Force Aid Society and other financial referral sources, budgeting, checkbook management, credit management, credit scoring, state and county liability laws and San Antonio-specific information.

Call 652-5321 for more information.

• Credit course

The Airman and Family Readiness Flight and Randolph-Brooks Federal Credit Union host “Credit When Credit Is Due,” a financial education course, on Tuesdays, Oct. 23 through Nov. 20, from 5:30-7:30 p.m. at the A&FRC.

Topics include building credit, auto loans and leases, mortgage loans, bankruptcy and investing.

The fee is \$25 for nonmembers and \$10 for members. A \$10 registration deposit is required in advance and will be refunded.

To sign up, call 652-5321.

• Precious Minds New Connections

Precious Minds New Connections parenting workshops for expectant parents, grandparents and caregivers of children under age 4 are Tuesdays and Thursdays, now through Oct. 25 from 4-6 p.m. at the A&FRC ballroom. The free workshops offer free child care plus food and door prizes.

To register, call 652-4505.

MISCELLANEOUS

• Oktoberfest

The second annual Oktoberfest takes place Oct. 19 from 8 a.m. to 4 p.m. at Eberle Park.

For more information, contact your organization's first sergeant.

• AF NASCAR driver autograph signing

Air Force NASCAR driver John Wood will sign autographs Thursday from 11:30 a.m. to 1 p.m. at the base exchange.

• Fisher House fundraiser

Veterans of Foreign Wars Post 8541 will co-host Pickers Picnic, a fundraiser for the Fisher House, Sunday from 3-10 p.m. at Comanche Park #2 Pavilion. In addition to music provided by 12 bands, the event features vendor booths,

including arts and crafts, jewelry, flea market items and food items. The VFW post will serve barbecue plates.

Admission is free.

For more details, call 669-1818 or 320-2191.

• Camp Swift Oktoberfest

Texas Military Forces, in conjunction with local community organizations, hosts the first Partners Across Texas Oktoberfest at Camp Swift Saturday. The event, which is open to the public, will officially kick off with a ceremony at 1 p.m. Highlights of the event include five- and 10-kilometer Volksmarches, barbecue, German band music, an air assault demonstration, military aircraft and vehicle displays, various booths and children's activities. Volksmarch registration begins at 11:30 a.m., and participants will begin their walks at 1:20 p.m.

• Wellness message

Health and fitness expert, Larry North, shares his message of wellness, Life Steps, Thursday at 1 p.m. at the Kelly Club, 205 Mabry Drive in San Antonio, and 6 p.m. at the Norris Conference Center, 4522 Fredericksburg Road.

The presentation is free, and healthy snacks will be provided.

• DVAM seminar

“Family Violence: The War at Home,” a Domestic Violence Awareness Month event, takes place Saturday from 8 a.m. to 4:30 p.m. at the Army Community Service Center, Building 2797, Fort Sam Houston. The free event is sponsored by the Fort Sam Houston, Randolph and Lackland Family Advocacy Programs and Laurel Ridge Treatment Center.

Register online through Wednesday at www.laurelridge.com.

For details, call 652-4505.

For more information, call 512-782-5050.

• Scholastic Book Fair

The Randolph Youth Programs Parent Advisory Committee presents its semi-annual Scholastic Book Fair each day next week from 11 a.m. to 1 p.m. and 3-6 p.m. in the youth center gym, Building 585. Books for children of all ages will be available. Proceeds benefit Caregiver's Appreciation Week and will be used to buy books for Randolph's youth programs.

For more information, call 652-8101.

• Wanted: Ro-Hawks '67

A search is on for members of the 1967 Randolph High School Ro-Hawk state finalist football team to be recognized at the Oct. 19 football game between Randolph and Nixon-Smiley. Team members will be honored during the half-time ceremony and a reception is scheduled prior to the game.

Any team members who plan to attend should contact Randolph Principal Bruce Cannon at cannon@rfisd.net or call 357-2450.

• Combat Dining-In

The Company Grade Officers' Council hosts a Combat Dining-In for all San Antonio-area CGOs Oct. 26 at 6 p.m. at Eberle Park. Tickets are \$10 before Oct. 19 and \$12 until Oct. 26 and include food, drinks and entertainment. Participants are encouraged to bring water balloons and water guns and to wear uniforms they don't mind getting dirty.

For tickets, call 565-3820.

MOVIES

Randolph Movie Theater - 652-3278

Adults - \$4.00

Children (11 yrs. and under) \$2.00



“Balls of Fury”

Dan Fogler, Christopher Walken
Friday, 7 p.m.; Saturday, 6 p.m.
Rated PG-13, 90 min

In the world of extreme Ping-Pong, the competition is brutal and the stakes are deadly. Former professional Ping-Pong phenom Randy Daytona is sucked into this maelstrom when FBI Agent Rodriguez recruits him for a secret mission. Randy is determined to bounce back and recapture his former glory and to smoke out his father's killer — one of the FBI's Most Wanted, arch-fiend Feng.

“Mr. Bean's Holiday”

Rowan Atkinson, Willem Dafoe
Saturday, 3 p.m.

Rated G, 88 min

In his latest misadventure, Mr. Bean goes on holiday to the French Riviera. Tired of the dreary, wet London weather, Bean packs his suitcase and camcorder and heads off to Cannes for some sun on the beach. But his trip doesn't go as smoothly as he had hoped when he falls face first into a series of mishaps and fortunate coincidences, far-fetched enough to make his own avant-garde film.



“The Brothers Solomon”

Will Forte, Will Arnett
Sunday, 3 p.m.

Rated R, 91 min

Good-hearted and well-meaning, but socially inept and clueless about the ways of women, the brothers Solomon would like to grant their dad his dying wish and provide him with a grandchild.

COMMUNITY BRIEFS from P8

• Community cleanup

The American Society of Military Comptrollers sponsors a community cleanup project Oct. 27 from 9 a.m. to noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive in San Antonio. The project involves light cleaning for senior residents. Students can earn a certificate for up to three hours of community service.

To volunteer call 221-7893 or 221-1335.

• USO seeks volunteers

The USO San Antonio is seeking volunteers who prefer night hours to fill slots at the Airport Reception Center as it becomes a 24/7 operation.

People who are interested can download applications from the USO San Antonio Web site, www.alamouso.org, and e-mail, fax or mail completed applications to the USO office.

Call 227-9373, Ext. 11, for more information.

• Big Brothers Big Sisters

Big Brothers Big Sisters of South Texas is seeking adult volunteers to meet one-on-one with a child, serving as a mentor and a friend. Community-based volunteers meet with a child a few hours a month. School-based volunteers visit a child on campus during the school day a few times a month.

For more information, visit www.bigmentor.org or call 225-6322.

• Support the Troops Initiative

Calvary Baptist Academy announces its Support the Troops Initiative, offering a full tuition scholarship, subject to class-size limitations, to any child whose parent is stationed in Iraq or Afghanistan.

Call 830-629-0049 or visit www.cbctexas.org for more information.

EDUCATION CENTER – 652-5964

• Scholarship applications

Applications are available at the education center for scholarships to be awarded by various Randolph organizations and local universities. Applications are due Monday, and scholarships will be awarded at the CCAF graduation ceremony on Nov. 6.

For eligibility requirements and more information, call 652-5964.

• SAT

The next testing date for the Scholastic Aptitude Test will be

Monday in the education center.

Individuals who are interested in commissioning, attending the Air Force Academy or attending college as a civilian are strongly advised to take this test.

The Air Force will fund one SAT test. Retests are paid by the individual and cost \$43. Pre-registration and appointments are required for the SAT.

Call 652-5964 for more details and to request a testing appointment.

• ERAU

Today is the final day to register for the winter term. Call 659-0801 for more information.

• ACCD

Evening courses are being offered at Randolph through St. Philip's College. These eight-week courses allow students to finish an extra college course before spring begins.

View courses at www.accd.edu/spc/admin/extsvcs/default.aspx or call 659-1096.

• St. Mary's University

Fall II term at Randolph begins Wednesday. Registration must be completed before the class starts.

Early registration for the spring term will begin late this month.

To view all of St. Mary's graduate programs, visit www.stmarytx.edu/grad. For additional information on programs or the application process, call 658-4852.

• Education records

Education center officials request all newly assigned personnel contact the center to update their personal information.

The education office is located in Building 208 or call 652-5964.

• Webster University

Webster University has an adviser visiting every Thursday at the Randolph office.

For educational counseling, call Judy at 658-0707 for an appointment.

• Wayland Baptist University

Wayland Baptist University offers a bachelor of science degree in occupational education, which is a 124-hour undergraduate program that offers majors in business administration, management, justice administration, human services, religion and occupational education. Graduate degrees are also available.

For details, call 945-8379.

2007 Randolph AFB Air Show

The 2007 Randolph Air Force Base Air Show kicks off Friday, Nov. 2, at 7 p.m. with a Military Appreciation Night concert for all DoD I.D. cardholders. The event includes a performance by Cross Canadian Ragweed, food, fireworks and aerial demonstrations.

On Saturday and Sunday, Nov. 3 and 4, the Air Show opens to the public from 9 a.m. to 6 p.m. Aerial performances are scheduled to begin at 10 a.m. and end at 3 p.m. Food, drinks and memorabilia will be available for purchase at the show.

For gate access, security information, featured static display aircraft and acts, visit www.randolph.af.mil and click on the Air Show poster.

RANDOLPH AIR FORCE BASE

MILITARY APPRECIATION NIGHT

Friday, November 2, 7 p.m.
FREE to all DOD I.D. Cardholders

FEATURING MUSIC BY:

CROSS CANADIAN RAGWEED

PRESENTED BY: **National American Services**

MILITARY APPRECIATION LINE-UP:

Night-time Aerial Demonstrations:
Golden Knights
Randy Ball (MIG) vs Air Force Jet Car
Dan Buchanan (Glider)
T6 Aeroshell

Other Attractions:
Children Area with Bouncy Inflatables

Food and Beverages Available for Purchase

For More Information Call 12th Services at 210-652-2052

12th SERVICES **RANDOLPH-BROOKS**

12th Services Briefs

MISCELLANEOUS

• Launch your new club membership

Join the club between now and December 31 and enjoy all the advantages of being a club member. New members will be given a scratch-off ticket when they submit their application. All new members will pay no dues until April 2008.

• AT&T Golf Championship tournament

The AT&T Championship golf tournament takes place at the Oak Hills Country Club Oct. 19-21. The tournament director has offered free passes for the military, which can be picked up at ITT, Bldg. 897.

No federal endorsement of sponsors intended

RANDOLPH OAKS GOLF COURSE - 652-4570.

• Base Championship

The Randolph Base Championship golf tournament takes place October 27 - 28 with tee times from 7:15 - 9:15 a.m. The tournament is a 36 hole stroke play (individual) and is flighted by handicap. All participants must sign up before October 25 and there is a \$30 entry fee. Call Clay at 652-4653 for more information.

• Coupon Match

The Randolph Oaks Golf Course will match or beat any golf course ad or coupon in the San Antonio Express News. Just bring the ad/coupon to the Pro Shop. This offer is good through October 31 and is not valid on tournaments.

ARTS AND CRAFTS CENTER - 652-5142

• Arts and crafts classes

The arts and crafts center offers a variety of classes each month. The deadline to sign up is one week prior to class start date. Adult classes include beaded jewelry, quilting, framing, pastel painting, stained glass and mosaic art.

INFORMATION, TICKETS & TRAVEL - 652-5640

• October tree trimmer special

Fall is here and it's time to trim those branches before the cold temperatures hit. Rent a gas telescoping tree pruner for only \$16 a day. For more information stop by Building 897.

• Texas Renaissance Festival

The Texas Renaissance Festival runs week-ends from now through November 25.

Tickets can be picked up at ITT for only \$17 for adults and \$7 for children ages 5 to 12.

• Entertainment books

2008 Entertainment books are on sale at information, tickets and travel for \$20.

OFFICERS' CLUB - 652-4864

• Celebrate Oktoberfest

Come out for an all-you-can-eat German Buffet next Thursday featuring items such as bratwurst, sauerkraut, schnitzel, and German potato salad from 5 to 9 p.m. in the ballroom. German beer and wine will also be included. The

Jubilee Polka Band will provide authentic Oktoberfest entertainment.

The cost is \$17.95 for members or \$19.95 for nonmembers. Get your tickets now.

RANDOLPH RECREATION PARK AT CANYON LAKE - 1-800-280-3466

• Half price bass boats

The Randolph Recreation Park's professional bass boats are just right for any fishing occasion. During October you can rent a bass boat for half price, \$37.50, plus the cost of the fuel.

Call 1-800-280-3466 for reservations or for more information.

WOOD SKILLS CENTER - 652-5142

• Beginner's class

The wood skills center offers a two-session woodworking class Nov. 6 and 13 from 6-8 p.m. Participants will learn the basics of woodworking and be certified on the equipment in the facility.

The cost is \$35 plus supplies and the sign-up deadline is October 30.

YOUTH CENTER - 652-3298

• Thanksgiving camp registration

Registration for the Youth Center's Thanksgiving Camp will continue through November 2 or until full. The Thanksgiving Camp will be held from November 19-21.

AIR FORCE WORLDWIDE TALENT COMPETITION

PERFORM YOUR DUTY

YOUR MISSION: AUDITION

Application Deadline Oct. 26, 2007

For more information, or to apply, visit our website: www.topsinblue.com

topsinblue

DON'T RUN YOUR CAR INTO THE GROUND

AUTO MAINTENANCE CLASS

November 6 & 13 6 - 8 p.m.

You will be taught to change your oil, rotate your tires and do a brake job in this two session class.

Cost is \$35 plus supplies. Deadline to sign up is one week prior to the class.

FEATURE

A TOAST TO THE TOASTMASTERS

Randolph's oldest private association improves members' communication skills

By Robert Goetz
Wingspread staff writer

Every Wednesday at noon a group of Team Randolph members meet in the enlisted club's Tradition Room – a fitting venue for the base's oldest private association.

They're called the "Toastmasters," and they've been improving their communication skills, not to mention ridding themselves of the "uhs," "ums" and "you knows" that have haunted public speakers and their audiences, for nearly 50 years.

A recent meeting was a special one for the Randolph Toastmasters, a celebration of their 49th birthday. But they would say every session is special because of the pleasure it brings them.

"It's a lot of fun," said Reinette Alecozay, a Randolph civilian retiree. "Sometimes we laugh the whole meeting."

Ms. Alecozay likes hanging out with these Toastmasters so much she drives 50 miles round trip for each meeting. Chief Master Sgt. Chris Goodall, like most of the other Toastmasters, doesn't have to drive as far because he works on base, but that one hour in the Tradition Room

"There are two tracks – speaking and leadership. At the same time you're learning to be a better communicator, you're also learning how to be a leader."

Reinette Alecozay

Member of the Randolph Toastmasters

is one of the highlights of his week, too.

"I learned about the club when I saw a flier about it," he said. "I visited a couple of times. It was fun. It was exciting. I could see the skills were evident."

But to most people, public speaking is anything but fun and exciting. The thought of it can be downright terrifying. Toastmasters International, founded in 1924, helps people overcome those fears and become polished, poised communicators through its network of clubs.

Amy Espinoza, a logistics program analyst for the Logistics, Installation and Mission Support Directorate in the Air Education and Training Command, counts herself among those people. She attended one meeting of the Toastmasters years ago and didn't go back for another decade.

"Then I went with a friend and I

was hooked," she said. "I was always very, very nervous when I had to speak in public, but now I know how to control my fears."

Now a 10-year veteran of the club, Ms. Espinoza is vice president-membership and immediate past president. She said she has grown as a speaker, learning how to harness the nervous energy that has replaced fear, and has assumed most of the roles the club offers.

"I can do pretty much every role and feel comfortable," she said. "It helps build confidence."

Ms. Espinoza, one of the more experienced of the Randolph Toastmasters, now sees the dramatic growth in newer members that she once saw in herself.

"I've seen people go from being jittery to being calm and presenting themselves well," she said.

Ms. Alecozay likewise witnesses this transformation on a regular basis.

"I've seen people that were afraid of their own shadows become very polished speakers and at ease talking to people," she said. "They would cling to the podium and now walk around the room and not use notes."

Two reasons this metamorphosis is possible are the supportive nature of the club and the element of fun that members bring to each meeting.

Each hour-long meeting runs like clockwork, from a brief business session at the beginning to adjournment. In between is the heart of the matter – a presentation by the Toastmaster of the Day, a word of the day that must be used by each speaker, a joke to lighten the mood, an educational tip and prepared speeches followed by evaluations. Finally, a "table topic"

Randolph
Toastmasters Club
meets every
Wednesday at noon
in the
Tradition Room at
the enlisted club.

<http://randolph.freetoasthost.org>

gives club members who don't have a speech that day a chance to think and speak on their feet.

A recent meeting showed that the Randolph Toastmasters are up to their task, presenting animated speeches spiced with anecdotes, humor and, yes, the word of the day and maintaining eye contact with audience members while mostly avoiding those nasty "uhs," "ums" and "you knows."

"I have not completely eliminated 'uh,'" said Ms. Alecozay, "but I've brought it down to maybe one per speech."

Ms. Alecozay said a college speech class helped her overcome her fear of public speaking, but she wanted to grow more as a communicator.

"I knew that I needed to be able to speak on my feet," she said. "I had to develop my speaking much further. There's so much to learn – speech variety, gestures and different tones."

Chief Goodall, who serves as vice president-public relations, also said he had already overcome his fear of public speaking before he joined the organization.

"But that doesn't mean I was any good," he said. "I'm slowly getting a



Photo by Robert Goetz

Chief Master Sgt. Chris Goodall, from the Air Education and Training Command, evaluates speeches given by fellow Toastmasters during a weekly meeting Wednesday at the enlisted club.

See TOASTMASTERS P14

SPORTS

CYCLING

The long and winding road ...

Randolph record breaker eats up pavement one mile at a time

By Airman 1st Class Katie Hickerson
Wingspread staff writer

Twelve years ago, one Randolph Air Force Base resident began her journey into the world of competitive cycling.

After breaking a time trial race record, Rhonda Womack, wife of Master Sergeant Jeff Womack, 12th Mission Support Squadron, has her sights set on a bigger finish.

She began as a recreational cyclist and developed an interest in charity rides. In addition to mountain biking, competing in sprint triathlons, circuit and criterium races, time trials and endurance races, she has now qualified for the Race Across America.

"I began competing in 2003 with the short races, but it wasn't until 2006 that I decided to work towards my goal of qualifying for and competing in the RAAM," Ms. Womack said. "I've always been intrigued with individual sports like cycling, swimming and running, because with these sports, the more you train, the more you'll improve."

On the surface, Ms. Womack leads a normal life. But, a look under the surface reveals that Ms. Womack competes with her own body as well as her cycling competitors.

She lives with Celiac Disease, which affects a person's ability to absorb nutrients, and due to the disease, she is highly allergic to wheat and gluten.

"I thought my training was going well until I changed the way I was eating," she said. "The change was day and night. I feel more energized and recover much quicker now."

She doesn't let the disease stop her from excelling in competition.

"I love the solitude of the sport in the training and racing. You get a sense of who you are when you spend hours upon hours out on quiet back roads day and night."

Rhonda Womack



"My typical training week consists of 15-20 hours of training ranging between cycling, running and swimming," Ms. Womack said. "I have to balance my time between work, family and training, but I'm able to do it by eliminating time wasters from my day."

Recently, Ms. Womack completed a time-trial race that would qualify her to compete in the RAAM. To qualify, racers must cover 500 miles in 48 hours or less. Ms. Womack, being only the third woman to ever finish the race, crossed the finish line at 42 hours, 51 minutes, breaking the women's record by one minute.

"For me, cycling keeps me young and in tune with who I am," she said. "I love the solitude of the sport in the training and racing. You get a sense of who you are when you spend hours upon hours out on quiet back roads day and night."

Once qualified, competitors are eligible to compete in the RAAM at any point over the next three years. Noted as the "Worlds toughest sporting event" by Outside Magazine, this race will take her on a trek from San Diego, CA to Atlantic City, NJ in a maximum of 12 days.

"My goal is to compete in June 2008," Ms. Womack said.

Ms. Womack is always looking to the future. She is well on track to complete the RAAM, and is starting to train for the "Worlds toughest foot race," the Badwater Ultra Marathon. This foot race will take her 135 miles non-stop from Death Valley to Mt. Whitney, Calif., in temperatures up to 130 degrees in 60 days.

"I strongly believe one shouldn't quit after a victory," Ms. Womack said.

So whether she is busy working, training or racing, this fierce competitor has decided to give life her all and meet its challenges head-on.

"There is a quote I read many months ago that puts everything into perspective for me," she said. "Always involve yourself with something that is bigger than you are, because that's where God is."

Team Senior Raters has last word before Saturday's Rambler 120

Team name:
Senior Raters
Team category:
Co-ed 8-Person

What keeps your team motivated?

An unbeatable warrior spirit and a black pen.

How long has your team been training?

Since before most of you were born; however we started training in earnest on Tuesday.

How have you been training?

We've been reviewing the competitors' performance reports, preparing poorly written promotion packages for their promotion boards and generally holding up the coordination cycle.

What combined competition experience have the members of your team been a part of?

Development teams, promotion boards, pay pools, award boards and command boards. We know how to manage careers.

Why did your team choose to compete this year?

Too many great performance reports. It's time to designate the bottom 20 percent of the wing to justify our stratifications.

What is your team looking forward to the most this year?

The ORI – can't wait!

How are your team members related?

We're not. We don't really like each other, but we're forced to work together.

What do you have to say to the other competitors?

Remember who writes your meal ticket. Pass at your own risk.



Photo by Airman 1st Class Katie Hickerson

From left to right: Elena Gonzalez, Francisco Rivera, Richard Clark, Chris Kelly, Jacqueline Van Ovost, John Burns, Andrew Taylor and Stephen Horton, members of the Senior Raters Rambler 120 team, are training for the competition, which takes place Saturday at the Randolph Recreation Area at Canyon Lake. The competition includes running, biking, rowing and a mystery challenge.

Hoop it up: Youth Center getting ready for fall hoops season with registration drive

By David DeKunder
Wingspread staff writer

Randolph youth who are interested in playing basketball have until Oct. 31 to register for the Randolph Youth Center's fall basketball league.

Youth ages 5 to 18 can sign up at the youth center from 9 a.m. to 5 p.m., Monday-Friday. The registration fee is \$40 per child, who must be a youth center member and have a birth certificate, physical exam and shot records on file before he or she can participate.

The fall league will have two coed divisions, ages 5-6 and 7-8, and four divisions each for girls and boys ages 9-18.

After registration is complete, player evaluations take place Nov. 5-13 at the youth center gym, Building 585. Each age group division, boys and girls, will have their own player evaluation meeting. Player evaluations allow coaches from each division to assess the skill level of each youth. Once

the evaluation process is completed, players will be put on teams through a coaches' draft.

Rey Salinas, youth center sports and fitness assistant, said anyone who wants to play basketball should sign up as soon as they can.

"The league is on a first come, first served basis because player spaces are limited," he said. "Over the last couple of years, we have had over 450 players a year participate."

By joining the league, Mr. Salinas said youth have the chance to develop and strengthen their physical and social skills.

"The fall league is a good tool for those who want to get out and learn about the sport of basketball," he said. "By being with their teammates and peers, they will learn good team-building skills."

The youth center is looking for volunteer coaches for the league. Anyone interested in becoming a coach can contact Mr. Salinas or Jack Hayes, youth sports director, at 652-3298 or 652-2088.

"We are looking for nearly 80 people to coach in

this league," Mr. Salinas said. "People who want to coach should come by the youth center to pick up an application and to get their certification."

Mr. Salinas said good coaches and supportive parents have been beneficial to the league's success in the past.

"Coaches and parents grow in many ways by participating in the league," he said. "The coaches learn how to interact with the kids and parents. Parents benefit by introducing their children to good recreational sports and clean fun."

Each year 40 to 45 teams have participated in the league. Boys and girls in the 9 to 18 age divisions compete against teams from Fort Sam Houston, Lackland Air Force Base, St. Monica's Catholic School in Converse and Boysville. The 5-8 age group coed teams compete only at Randolph.

The league will run from November until March with games being played at the youth center gym and the Rambler Fitness Center.

For more information, call 652-3298.

Sports BRIEFS

Mini-Triathlon

The Jimmy Brought Fitness Center at Fort Sam Houston hosts an Indoor Mini-Triathlon Nov. 11. The event includes swimming, biking and running, all indoors.

The cost is \$10.

Circuit for everyone

The Rambler Fitness Center hosts a circuit training Oct. 19 from 11 a.m. to 1 p.m. The training consists of exercises such as: shoulder press, a sprint, crunches, lat pull, step up, push ups and more.

Services Golf Tournament

The 12th Services Division hosts a golf tournament Oct. 19 with a 12:30 p.m. shotgun start. The entry fee is \$20 for members or \$30 for nonmembers. Prizes will be awarded for first, second and last

place, longest drive and closest to the pin.

Contact Clay Kauha at 652-4653 to sign up. This tournament is sponsored by Randolph-Brooks Federal Credit Union and Home Depot.



The Combined Federal Campaign runs through Oct. 26

TOASTMASTERS from P11

little better. I've learned how to use humor in a speech and to get the audience involved. Now people's eyes don't glaze over as much."

Ms. Espinoza's longevity has allowed her to ascend to the level of Advanced Communicator Bronze, three titles shy of the highest designation, Distinguished Toastmaster. Members must meet certain requirements while earning each of the toastmaster's titles.

But more than anything else, it's the camaraderie of the Randolph Toastmasters that keeps bringing her back. "It feels like a family," she said.

The family feeling is so evident that Ms. Espinoza has been bringing her daughter and son to meetings since she joined a decade ago. They are now 17 and 14, respectively.

"My children want to go to meetings," she said. "They see

the importance of public speaking. My daughter has given three speeches."










Ms. Alecozay said Toastmaster training doesn't stop at public speaking. "There are two tracks – speaking and leadership," she said. "At the same time you're learning to be a better communicator, you're also learning how to be a leader."

Ms. Alecozay said communication skills are so important because they help society "operate more efficiently."

"It's a very valuable skill," she said. "Coming to these meetings is well worth the time."

The Randolph Toastmasters meet each Wednesday at noon in the Tradition Room of the enlisted club and the last Monday of each month at 7 p.m. at the Golden Corral on Pat Booker Road.

For more information visit the Toastmasters' Web site at <http://randolph.freetoasthost.org>.

AMC	AETC	PACAF	USAFE	AFRC	AFMC	AFSPC	AFSOC	ACC
AFSOC	AFRC	ACC		AFSPC	AETC	AMC	USAFE	AFMC
	USAFE	AFMC	ACC	AFSOC	AMC		PACAF	AFRC
ACC	PACAF	AFSPC	AETC	AFMC		AFRC	AMC	AFSOC
USAFE		AFRC	AFSPC	ACC	AFSOC	PACAF	AFMC	AETC
AETC	AFMC	AFSOC	AMC	PACAF	AFRC		AFSPC	USAFE
	AFSOC	AETC	AFMC	AMC	AFSPC	USAFE	ACC	PACAF
PACAF	AFSPC	USAFE		AETC	ACC		AFRC	AMC
AFMC	ACC	AMC	AFRC	USAFE	PACAF	AFSOC	AETC	AFSPC

Solution to puzzle on page 6

A	E	F		A	R	T		P	A	D					
D	N	A		L	E	A	P		O	R	I	O	N		
M	D	C	C	L	X	X	V		W	I	N	T	E	R	
	S	E	N			I	C	O	N	S		E	R	A	
			O	U	R			L	E	O		S	O	P	
A	S	H		S	O	S		E	R	N	E				
C	P	O		N	E	E	D				E	N	S		
C	A	M	P	A		A	I	L		F	L	E	E	T	
	T	E	E				M	A	R	E		T	A	R	
			R	A	J	A		G	U	N		S	L	Y	
H	I	D		B	O	S			E	D	O				
U	T	E		O	N	S	E	T			V	I	E		
B	E	W	A	R	E			F	A	R	R	A	G	U	T
	M	E	L	T	S			T	R	I	O		O	R	E
		Y	E	S				T	O	T		R	O	N	

Solution to puzzle on page 7

RANDOLPH AIR FORCE BASE AIR SHOW '07



"TRIBUTE TO TRAINING"



NOVEMBER 3 - 4 2007
9 AM - 6 PM
FREE ADMISSION